

# Tom Verchère

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I am a bilingual student in my 4th year of Kinesiology who is seeking to gain experience and learn new skills.

## Highlights

- |                    |               |
|--------------------|---------------|
| ✓ Respectful       | ✓ Cooperative |
| ✓ Fluent in French | ✓ Organized   |
| ✓ Fast learning    | ✓ Honest      |
| ✓ Patient          | ✓ Flexible    |

## Accomplishments

- Made it onto the Dean's list at the University of Calgary (2020-2021)
- Member of the First Year Scholars at the University of Calgary (2020)
- Received Athlete of the year in grade 12 (2020)
- Graduated high school with an average over 90%, and received an award for academic accomplishment (2020)

## Volunteer Work Experience

### La Rose Sauvage High School 2018-2023

- Coached badminton to Junior High students (2020, 2022 & 2023)
- Member of the school's ministry of sports and the ministry of UNESCO (2019-2020)

## Work Experience

### Fitness Attendant *Fitness Centre at University of Calgary* August 2023 - Present

- Greeting gymgoers, selling memberships and day passes, and ensuring the adherence to safety rules
- Maintaining the equipment, stocking supplies, and cleaning the facility

### Fitness Consultant *MNP Community and Sport Center (Repsol Centre)* August 2023 - November 2023

- Enforcing health and safety policies, and conducting orientations around the facility
- Cleaning and maintaining the equipment, and lending out equipment

### Racquet Centre Staff *University of Calgary* September 2021 - May 2022

- Supervising the facility, cleaning courts, checking in players, enforcing rules, answering questions
- Preparing equipment for classes and assisting the coach during lessons when needed

### Racquet Sports Summer Camp Instructor *University of Calgary* Summer 2021

- Instructing Badminton, Squash, Racquetball, Tennis, and Pickleball to groups of children (ages 5-12)
- Creating daily lesson plans, and adapting throughout the day to children's needs and wants

### Part Time Cast Member *Eau Claire Market Cineplex* September 2018 - Present

- Selling tickets, concessions, & alcohol, cleaning theatres and welcoming guests

## Education

### Concurrent Bachelor of Kinesiology and Bachelor of Education 2020-Present (4th Year Student)

*University of Calgary*

Topics covered

- Anatomy, physiology, motor control, biomechanics, leadership, & coaching

### High School Studies 2017-2020

*École de la Rose Sauvage, Calgary, AB*

## Certifications

- First Aid/CPR/AED C
- Proserve

## Hobbies

- Sports (Soccer, Volleyball, Badminton, Basketball)
- Reading